



Delaware
Physical Therapy Clinic

Open to the public

Anterior Knee (Knee Cap) Pain

The University of Delaware Physical Therapy Department has become a leader in the research of Patellofemoral pain. We currently use several highly advanced measurement techniques allowing us to evaluate strength differences in leg muscles and effects on running mechanics. We give local athletes the opportunity to be evaluated in our Running Injury Clinic to determine possible sources of pain and give recommendations for improvement, including altering running form and strengthening programs. Our physical therapists are recognized by the American Physical Therapy Association as orthopedic and sports certified clinical specialists.

**University of Delaware
Physical Therapy is Ranked
#1 in the Nation by US
News and World Report!**

**We staff Board Certified
Specialists in the areas
of Orthopedics, Sports,
Geriatric, and Neurologic
physical therapy.**



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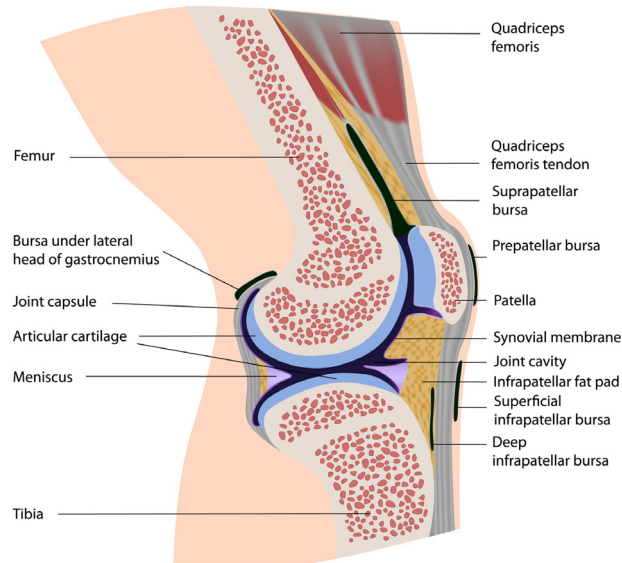
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www.udptclinic.com



Basic Knee Anatomy

When your kneecap is placed under a lot of stress, it can get irritated causing you pain. There could be several factors leading to knee pain from the hip down to the ankle.



What Causes Patellofemoral Pain Syndrome (PFPS)?

- **Your own anatomy** - sometimes the way your hips, knees, and ankles are aligned affect the way you run and walk which may increase the stress on parts of your knee causing you pain
- Weak hip muscles and tight leg muscles may also stress your kneecap and surrounding tissue causing pain

Signs & Symptoms of PFPS

- Pain in the front of your knee during squatting or bending activities like walking up/down stairs, and any sporting activity like running or basketball
- Pain usually gets worse as you continue your activity or after you sit for a long time

What to do when you have knee pain

First ask yourself...

Have you increased your activity at all (Running mileage, pre-season, different sport)?

Have you been breaking in new shoes, or wearing very old shoes?

- Rest from the painful activity and perform other activity that does not aggravate your knee pain
- After consulting with a Physical Therapist or physician begin strengthening program and you may be able to help your pain with a specific taping

Can I play sports again?

Of course! That is UDPT's ultimate and most important goal.

It is possible you may require a brace or specific taping to provide support to your knee cap while the irritation calms down and you are strengthening and stretching your surrounding muscles.

What can UD PT do for me?

Come in for a personalized evaluation where expert clinicians will evaluate your running pattern to assess why you may be having knee pain.

They will also develop a specific strengthening program to address your weaknesses and help you return to your sport as quickly as possible without pain. Running athletes may also choose to participate in our Running injury clinic.

